

ABSTRACT OF THE DISCLOSURE

A removable ball of the foot insert for placement into footwear at a position in correspondence with a forefoot portion of the footwear includes a substantially planar member made from a viscoelastic gel, the planar member including a lower surface and an upper surface, and a plurality of parallel, spaced apart, sinusoidally shaped spring walls formed from a viscoelastic gel and extending from the lower surface of the planar member at a predetermined area corresponding to a ball of the foot when the insert is inserted into the footwear, for separating bones of second and third metatarsals of the foot, the spring walls having heights that generally decrease outwardly from a center of the predetermined area, and the viscoelastic gel of the planar member having a hardness greater than a hardness of the viscoelastic gel of the spring walls.